

Health Psychology; Psyc 504
Sec 001 (TTh 11-12:15pm) and Sec 002 (TTh 12:30pm-1:45pm)
Davie 301
Department of Psychology and Neuroscience
Fall 2018

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Office Hours: Weds 12-1pm; Thurs 2-3pm

Prerequisite Psyc 101; Psyc 245

In this overview of the field of health psychology, we will study lifestyle and behavioral factors in health such as stress, exercise, diet, smoking, alcohol, and sleep. We will also study the role of psychological variables in the prevention and treatment of medical illnesses such as cancer, cardiovascular disease, and AIDS. We will examine acute health problems such as the pain and distress from surgery and invasive medical procedures.

Text: Health Psychology – Wadsworth 2017 9th edition by Brannon, Feist, Updegraff
Sakai – sakai.unc.edu. Login with onyen and password. Choose our class.

Course Requirements

The course will have several quizzes and a final examination. The questions will be taken from class material, assigned readings, and materials posted on the Sakai site or on google docs. Each quiz/exam will consist of a mixture of short answer (fill-in the blank, definitions, brief paragraph) and multiple choice. Students will complete two class projects in which they will learn about their own health behavior, what constitutes stress for them, and how to improve their own health behavior.

1. *Personal Health Profile (PHP)* - The PHP is a series of exercises that will familiarize students with the broad range of issues in the assessment of health behavior. Students will complete and analyze several written projects such as health psychology questionnaires that will help them discover more about their health behavior, perceptions and beliefs about health and illness, etc.
2. *Health Enhancement Project (HEP)*- The HEP is an in-depth investigation of one of the student's own health behaviors. Students will choose one of their own health behaviors, keep an ongoing diary of the behavior, write an analysis of the factors influencing their health, and design a health enhancement strategy for themselves. The paper will be 4-5 pages (single spaced) in length.

Grading (See the descriptions of each class project for more information on grading)

Quiz Grades	25%
Final Exam	25%
Personal Health Profile	20%
Health Enhancement Project	25%
Class Participation	05%
	100%

Date	Topic	Reading
	INTRODUCTION AND FOUNDATIONS	
8-21	Introduction and Case examples	
8-23	Foundations of Health Psychology PHP #1 <i>Health Behavior Survey</i>	Ch 1
8-28	Research methods HEP #1 Identifying Target Behavior HEP #2 Design a Self-Monitoring Form	Ch 2 (p. 19-27; 33-35)
8-30	Seeking and Receiving Health Care Adhering to Medical Advice	Ch 3 Ch 4
9-4	Quiz #1 HEP#3 Design Graphs HEP #4 Goal setting and Planning an Intervention	
	STRESS, PAIN, COPING, AND DISEASE	
9-6	Stress and Disease PHP #2 <i>Signs and Symptoms of Stress</i>	Ch 5
9-11	Stress and Coping PHP #3 <i>Kidcope</i>	Ch 6 (p. 131-142)
9-13	HEP #5 Strategies to Improve Health Behaviors HEP #6 Adherence	
9-18	Stress and Social Support PHP #4 <i>Social Support Questionnaire</i>	
9-20	Acute and Chronic Pain	Ch 7 (p.151-170)
9-25	Pain Management	
9-27	Considering Alternative Approaches	Ch 8
10-2	Stress and Pain Management: Relaxation Strategies, Imagery or Visualization, Calming Self-Statements PHP#5 Stress and Pain Management Approaches	
10-4	Quiz #2 HEP #7 <i>Summary</i>	
	HEALTH PROMOTION	
10-9	Exercise PHP#6 Physical Fitness	Ch 15
10-11		
10-16	Sleep Turn in HEP	
10-18	Fall Break	
10-23	Nutrition and Weight	Ch 14

10-25	Smoking	Ch 12
10-30	Using Alcohol and Other Drugs	Ch 13
11-1	Quiz #3	
	CHRONIC ILLNESS	
11-6	Cardiovascular Disease	Ch 9
11-8	Cancer	Ch 10
11-13	Cancer	
11-15	HIV and AIDS	
11-20	Sickle Cell Disease	Ch 11
11-22	Thanksgiving Break	
11-27	Living with Chronic Illness	
11-29	Children's Health	
12-4	Future of Health Psychology	
	Final	

The professor reserves the right to make changes to the syllabus, including project due dates and test dates. These changes will be announced as early as possible.

Honor Code

The Honor code is, as always, in effect in this course.

The Instrument of Student Judicial Governance

<https://studentconduct.unc.edu/sites/studentconduct.unc.edu/files/documents/Instrument.pdf>

requires that you sign a pledge on all graded academic work that states “no unauthorized assistance has been received or given in the completion of this work” This includes all exams and the class projects. The first time you hand in an assignment, I expect you to write out the pledge in full. After that, you may simply write “pledge” and sign your name. Although you may study together for exams, all exams are to be taken without the assistance of other people, books, or notes. The class projects will be discussed in class and you may talk to others outside class about your project. However, the work that you hand in must be your own. If you use someone else's ideas, you must provide a citation. If you aren't clear about any of this, ask questions.